

HIGHLIGHTS

**PAGE 02: WHAT'S NEW IN S3
LET'S VOLUNTEER TOGETHER**

>
**CREATING OPPORTUNITIES FOR
COMMUNICATION IN THE COMMUNITY
(C3) PROGRAMME**

**PAGE 04: WHAT'S NEW IN S3
STROKE RE-INTEGRATION (SRI) PROGRAMME**

>
**PAGE 07: MOMENTS WITH S3
VOLUNTEER APPRECIATION NIGHT
LAUNCHING OF NEW CENTRE AT
JURONG POINT**

**PAGE 08: CATCH UP WITH S3
#UpAgainAfterStroke ROADSHOW
LUNCH TALKS**

>
**CONTEST:
SUBMIT YOUR CHOPSTICKS
CHALLENGE VIDEO**

EVERY STROKE MATTERS



A STROKE SURVIVOR'S STORY

When you look at Mdm Neo Mui Eng now, it is hard to believe that she suffered a stroke two years ago. In 2016, Mdm Neo experienced sudden giddiness and weakness in her hands. Fortunately enough, she was rushed to the hospital in time.

"I was a stroke survivor and volunteering at Stroke Support Station brings me a lot of satisfaction and meaning."

- Mdm Neo Mui Eng, stroke survivor & volunteer

Mdm Neo joined S3 after being discharged from the hospital where she could focus on her recovery. The turning point came about when she felt that she wanted to 'pay-it-forward' given her full recovery to help fellow stroke survivors by sharing her experience and encouraging them on a road to recovery.

Coming to S3, she found fulfilment and enjoyed the activities, through which she made many friends and has inspired her to be a volunteer.

Mdm Neo currently helps to coordinate activities as an S3 volunteer. By overcoming the odds, she wants to tell other stroke survivors not to give up and that there is always hope.

WHAT'S NEW IN S3?



DCA Architects together with S3 volunteers and staff celebrating National Day.

LET'S VOLUNTEER TOGETHER.

*In Singapore, 26 people suffer from stroke in a day. The numbers are rising and stroke survivors are getting younger.

To help serve the unmet needs of stroke survivors, Stroke Support Station (S3) has recently launched two new initiatives, the *Creating Opportunities for Communication in the Community (C3)* and the *Stroke Re-integration (SRI)* programmes. The aims of these programmes are to help stroke survivors who have speech issues and to help them manage their health independently by keeping fit and being positive on their recovery journeys.

"As part of the nation's 53rd birthday, DCA Architects sponsored and co-organised the national day celebrations to bring cheer to stroke survivors and their caregivers."

As part of the nation's 53rd birthday, DCA Architects sponsored and co-organised the national day celebration to bring cheer to stroke survivors and their caregivers.

Their support as a corporate volunteer has been essential as we reach out to more organisations. These collaborative efforts will go a long way to help stroke survivors re-integrate into the community and for them to have a better quality of life.

You can make a difference!
Be an S3 volunteer by writing to volunteer@s3.org.sg today!

*Source: National Registry of Diseases Office

Creating Opportunities for Communication in the Community (C3) Programme



Dr Valerie Lim conducting the C3 Programme which incorporates activities using musical instruments.

The Creating Opportunities for Communication in the Community (C3) Programme aims to improve stroke survivors' participation in the community by providing them the resources that they need.

The programme is designed by Dr Valerie Lim, Speech and Language Therapist, to enable stroke survivors to learn effective communication skills and articulation to better communicate through the usage of non-verbal cues. This helps them to manage their condition better and to gain confidence when interacting with others.

A variety of speech games and activities are used during the programme to enable participants to learn how to use their speech and gestures by practising skills such as active listening and learning how to ask for clarification should the need arise.



Centre: Mr Tan Teck Hin, a stroke survivor being happily engaged during the C3 Programme with other participants.

WHAT'S NEW IN S3?

Stroke Re-integration (SRi) Programme

The Stroke Re-integration (SRi) Programme is specially designed for stroke survivors in the community. The programme is conducted by Mr Tim Xu Tianma, Deputy Programme Director and lecturer at the Singapore Institute of Technology (SIT), and Council Member of the Singapore Association of Occupational Therapists (SAOT).

With over 15 years of clinical experience, he is a Registered Occupational Therapist specialising in community stroke rehabilitation and fall prevention. He is also a member of the Singapore Allied Health Professions Council with many years of experience in healthcare.

This allows stroke survivors to identify their occupational needs and learn to self-manage their health. Stroke survivors can learn coping strategies to foster independent living for a better quality of life.



Mr Tim Xu guiding a stroke survivor on ways to improve her balance.



Stroke survivors exercising to strengthen their upper-body mobility.

"For stroke survivors, they learn to self-manage their condition and to develop a better understanding, which helps to increase their confidence."

Positive Road to Stroke Recovery Programme



Stroke survivors and their caregivers engaged with Ms Lena Lye and Ms Janet Lim, Senior Medical Social Workers from TTSH.

The Positive Road to Stroke Recovery Programme helps caregivers to improve their coping skills and gain confidence when taking care of their loved ones who suffered a stroke.

For stroke survivors, they learn to self-manage their condition and to develop a better understanding, which helps to increase their confidence. The programme was co-created under guidance of allied health professionals from Tan Tock Seng Hospital (TTSH). Currently, the programme is conducted by S3 staff and volunteers have undergone training with Ms Lena Lye and Ms Janet Lim, Senior Medical Social Workers from TTSH.

The programme is based on an Integrated Body – Mind – Spirit (IBMS) approach that adopts techniques and concepts that combine both Asian philosophical health concepts with Western group psychotherapeutic techniques. Participants will also learn to maintain a harmonious balance encompassing the body, mind and spirit.

HIGHLIGHTS

S3 CHARITY GALA DINNER AT SHANGRI-LA HOTEL



Left: Mrs Teo Poh Yim, S3 Chairman with Centre: Mdm President Halimah Yacob with her husband, Mr Mohamed Abdullah Alhabshee, extreme right: Mrs Janet Chong, S3 Board Member together with stroke survivors and caregivers.

On 18 May 2018, Stroke Support Station (S3) held her second charity gala dinner at the Shangri-La Hotel. Over 800 attendees turned up to support this meaningful cause, including Mdm Halimah Yacob, President of the Republic of Singapore.

Mrs Teo Poh Yim, Chairman of S3, shared, "There is a gap in the post-stroke continuum of care in the community after stroke survivors are discharged from hospital. The S3 model of care has proven effective in improving the quality of life of stroke survivors and their caregivers. Evidence-based results point to measurable improvement when stroke survivors have access to these programmes earlier in their post-stroke recovery journey".

With heartfelt support from our donors, the event raised over \$2 million. Proceeds from the event will go into meaningful use that enable stroke survivors to re-integrate into the community. The donations will also go into much needed support to provide caregivers with accessibility to coping resources and skills to navigate the post-stroke landscape.

"There is a gap in the post-stroke continuum of care in the community after stroke survivors are discharged from hospital. The S3 model of care has proven effective in improving the quality of life of stroke survivors and their caregivers."

- Mrs Teo Poh Yim, Founder and Chairman of Stroke Support Station

MOMENTS WITH S3

S3 Charity Gala Dinner

Dr Matthew Chua, lecturer and principal investigator at the NUS Institute of System Science (Medical Cybernetics System) and Soprano, Ms Rachel Lim serenading the guests with a mix of classic songs.



Mrs Valerie Sim receiving the Roll of Honour Award (\$200,000) on behalf of Mr Ron Sim who has been a strong and pioneer supporter of S3.



From far left: Mrs Michelle Ng, Mr Ng Chee Meng, Minister in the Prime Minister's Office, Mr Heng Swee Keat, Minister for Finance, Mrs Teo Poh Yim, Chairman of S3, Dr Lam Pin Min, Senior Minister of State for Transport & Health, Mrs Janet Chong, Chairman of S3 PR & Fundraising Committee, Mr Chee Hong Tat, Senior Minister of State for Trade & Industry and Education, Mr Desmond Lee, Minister for Social and Family Development and Second Minister for National Development and Dr Michael Lim, Advisor of S3



Left: Ms Michelle Lim, Mrs Teo Poh Yim, Chairman of S3 with Ms Wendy Huang, Dr Michael Lim and Mrs Janet Chong, S3 Board of Director celebrating Ms Huang's birthday. To celebrate the joyous occasion, Dr Lim and Ms Huang rounded up the gala donation to an auspicious \$2,388,888 thereby, earning them the Distinguished Donor Award.



Ms Rahimah Rahim serenading the guests with popular oldies.

S3 in the Community



Mr Vincent Koo, Managing Director of DCA Architects with Mrs Teo Poh Yim, Chairman of S3, Mr Yap Wai Ming, S3 Board Member and Dr Wong Chiang Yin, S3 CEO with stroke survivors and their caregivers celebrating National Day.



Mdm President Halimah Yacob interacting with Ms Karen Thio, a stroke survivor during her visit to the centre.



Wing Tai Holdings Ltd staff actively engaged at a corporate talk at their office to know more about stroke awareness and prevention tips.

S3 Milestones



Mrs Teo Poh Yim (Chairman of S3) (far left) signing a Memorandum of Understanding with Associate Professor Yeoh Khay Guan, Dean of National University of Singapore (NUS), NUS Medicine, Mind-Science Centre and Associate Professor Wong Yue Kee, Vice President (Learning Services), Singapore University of Social Sciences (SUSS) (pictured centre and right) to work on the AWE Programme.



Mr Zechariah Yeo, RN, a S3 staff engaging the Tan Tock Seng (TTSH) staff and sharing with them about S3 programmes and services.



(Top right:) Dr Catherine Dong, a Clinician Scientist with NUS Yong Loo Lin School of Medicine with participants who recently graduated from the Train Your Brain Course during the Brain Health and Memory Training (BHMT) Graduation.

Volunteer Appreciation Night



S3 volunteers with S3 Board of Directors, Mr Yap Wai Ming and Mr Chew Teck Soon, S3 CEO, Dr Wong Chiang Yin and S3 staff at YMCA @ One Orchard.

On 31 August 2018, S3 held a volunteer appreciation night which saw volunteers, S3 staff and board members coming together to play games, and interact with one another. This bonded them together as part of a volunteer circle, while enjoying each other's company. Most importantly, we are truly touched and grateful for their relentless efforts and dedication in helping stroke survivors and caregivers.

Mr Yap Wai Ming and Mr Chew Teck Soon, S3 Board Members together with Dr Wong Chiang Yin, S3 CEO interacted with the volunteers and presented them with tokens of appreciation for their active participation during the games segment to close the night.



A fun and engaging evening of great bonding with the S3 family.

Launching of New Centre at Jurong Point

Great News! Our second centre at Jurong Point Shopping Mall will be opening in the first quarter of 2019. We aim to make our programmes and services accessible to more stroke survivors and their caregivers.

In addition, to navigate effectively through the post-stroke landscape, S3 is developing new clinical and innovation-based technologies to create a multi-disciplinary community model of care as an integrated approach to support them.

In line with our mission and vision, we hope to expand our operations in the community and continue to serve the unmet needs of the stroke survivors and their caregivers as part of the post-stroke continuum of care.

CATCH UP WITH S3

UPCOMING EVENTS

#UpAgainAfterStroke Roadshow in conjunction with World Stroke Day

Head on down to the #UpAgainAfterStroke roadshow with your family and friends to learn more about stroke awareness, prevention and lifestyle tips together with the Stroke Services Improvement (SSI) team and the Singapore National Stroke Association (SNSA). There will be fun games and interactive booths to keep everyone informed, involved and entertained.

Highlights of the roadshow:

- Stroke awareness & prevention talks by healthcare professionals
- Sharing sessions by stroke survivors and caregivers
- Fun activities and colouring stations



20 - 21 October 2018 (Sat to Sun)

10.30am - 6.00pm • Toa Payoh HDB Hub, Atrium

Come and support the stroke community by participating in The Chopsticks Challenge at Toa Payoh Hub by registering at bit.ly/TheChopsticksChallenge as we attempt to be part of the Singapore Book of Records.

#UpAgainAfterStrokeSG #TheChopsticksChallenge #StrokeSupportStation #S3



S3 LUNCH TALKS 12.30PM - 1.30PM S3 WELLNESS CENTRE



26 October 2018 (Fri)

Lunch Talk - Knee Health



30 November 2018 (Fri)

Lunch Talk - Footcare

**The talks are priced at \$10 per pax for public.
For more information or to register,
email: info@s3.org.sg*



Launch of Annual Report 2017/2018

Read the annual report- When Stroke Strikes, the Simple becomes Impossible.

View the report at www.s3.org.sg/annual-reports that highlights our performance and key milestones in the past financial year.

REFER US



Pass this on to a Stroke Survivor.

FREE* TAXI RIDE

From home to S3 and back

FREE* ASSESSMENT

On physical and brain health

FREE* TRIAL SESSION

Of 3 hours with caregiver

**First visit only*

**Help is a phone call away.
Ring Lily at 6473 3500**

Monday - Friday : 9.00am - 5.00pm

Saturday: 9.00am - 1.00pm

HELP US

DONATE

giving.sg/stroke-support-station
to help fund our programmes.

VOLUNTEER

Write in to us at
volunteer@s3.org.sg

CONNECT WITH US



**W: s3.org.sg
E: info@s3.org.sg**

Stroke Support Station Ltd
Enabling Village, 20 Lengkok Bahru,
#01-04 Playground, Singapore 159053

CONTEST



**FILM your video by end November
and stand a chance to
WIN a Starbucks Gift Card!**

STEP 1

Take a video of yourself transferring marbles using chopsticks with your non-dominant hand in 1 minute.

STEP 2

Now say, "I support stroke survivors and I now challenge (name and tag the Facebook or Instagram handles of 3 friends) to The Chopsticks Challenge within the next 24 hours."

STEP 3

Share your video on social media using the hashtags: **#TheChopsticksChallenge**, **#UpAgainAfterStrokeSG** and **#StrokeSupportStation #S3**

**Tip: Hold the chopsticks at a lower angle for better results!*